

# NUTRITION 8 – BALANCED DIET

## 1. Watch the video “[Food pyramid | Healthy plate](#)” and answer the following questions.

- What's the meaning of the word “diet”?

The diet is the (1) \_\_\_\_\_ and (2) \_\_\_\_\_ we consume every day.

- What do we need to be strong and healthy?

We need to consume different types of (3) \_\_\_\_\_.

- What are grains rich in?

Grains are rich in (4) \_\_\_\_\_ and give (5) \_\_\_\_\_ to the body.

- What is better to eat: whole fruit or juice?

It is better to eat (6) \_\_\_\_\_.

- What is fruit a good source of?

Fruit is a good source of (7) \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

- What are vegetables good source of?

Vegetables is a good source of (8) \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

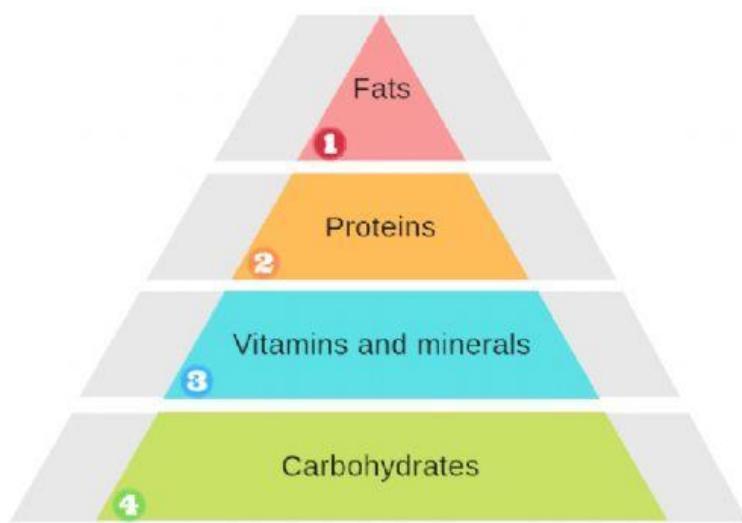
- What are meat and legumes rich in?

Meat and legumes are rich in (9) \_\_\_\_\_ and \_\_\_\_\_.

- What are dairy rich in?

Grains are rich in (10) \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

2. Classify each food by writing the number of the food group they belong.



pasta \_



legumes \_



pineapple \_



lettuce \_



potatoes \_



strawberries \_



cheese \_



fish \_



chocolate \_



chicken \_



olive oil \_



pasta \_



bread \_



broccoli \_



water \_



meat \_

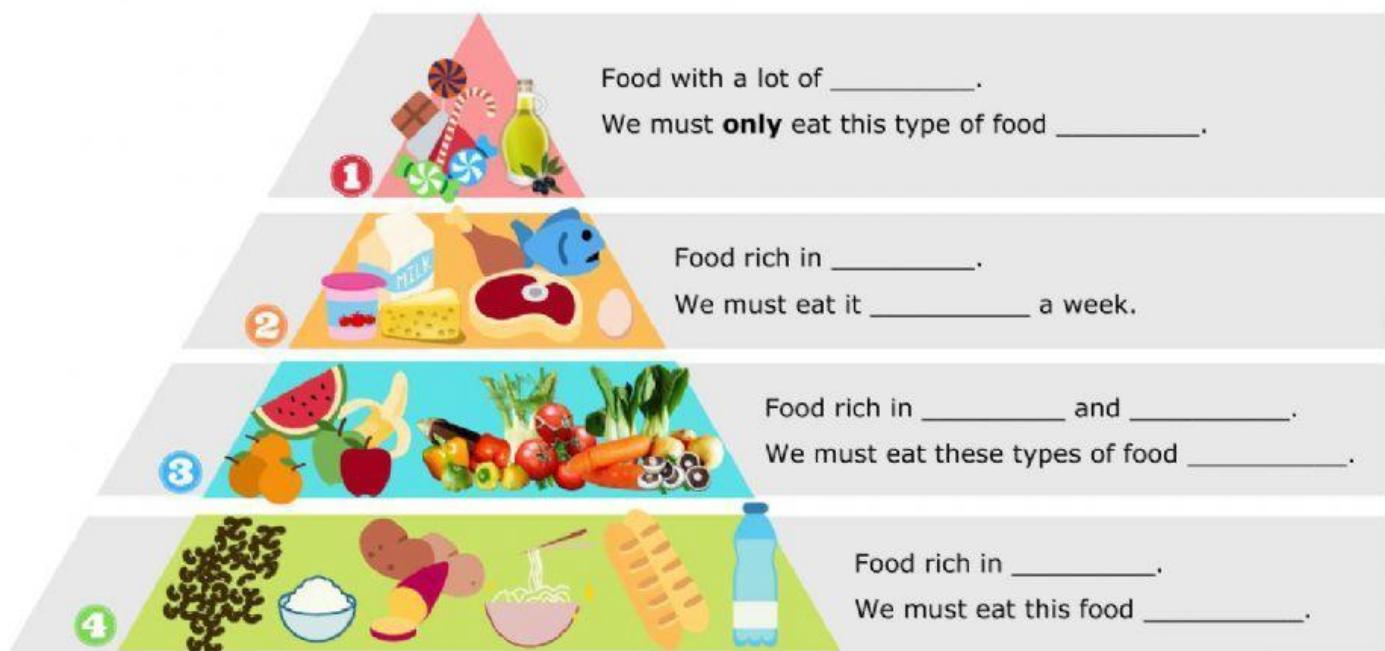


onion \_



egg \_

**3. Complete the sentences about the food pyramid.**



[\*\*CLICK HERE\*\*](#) to enjoy the video "Healthy or unhealthy Food Quiz" by Armagan Citak

 **LIVEWORKSHEETS**